**Graduation Matters Missoula Student Wellness Subcommittee**

**Nutrition Team**

**Guiding Question:**

How do we work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students so that we may ensure 100% graduation for all students, regardless of circumstances?

**Long term target:**

Enhance Student Wellness – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students.

Work on both policy and curricular recommendations in the following subcategories: Nutrition, Physical Activity, Personal Health, Mental Health, and Healthy Decision Making.

The GMM Student Wellness Subcommittee has expanded the work of the group to include more participation among community members.

**Nutrition Team**

**Who is involved?**

Lisa Cox (parent) (point person), Linda Simon (MCPS Health Services Supervisor), Lisa Beczkiewicz (Let’s Move! Missoula), Miriam Richmond (parent), Amanda Andrews (American Heart Assoc.), Angie Violette (parent and business owner), Heidi Boehm (parent), Peter Kerns (MCPS food service employee), Mark Hartman (MCPS Teacher), Jackson Smith (student), Connor Cox (student), Nate Sager (student), Brennan Drew (student).

**Long term goal:**

To improve student nutrition and nutrition education in support of the GMM Student Wellness Subcommittee’s larger goal of improving student wellness.

**Short term goals:**

2014– 2015:

1. Advocate for K-12 nutrition education by appointing a representative to the Health Enhancement curriculum review.
2. Provide teachers with resources to promote and encourage healthy rewards and classroom celebrations.
3. Solicit and consider input from all stakeholders (parents, teachers, student, staff and administration) and increase teacher and staff participation on the committee.

2015-2016

1) Nutrition education curriculum implemented for the 2015-2016 school year

2) Fund development for nutrition related activities/presentations in support of the new nutrition curriculum.

**Spring/Summer 2014 Action Plan:**

**May – June**

* Create a handout for teachers and parents with ideas and suggestions for healthy classroom rewards and celebrations. K-5
* Survey teachers and staff about classroom celebrations and rewards. K-5, 6-8, 9-12.

**May – Oct**

* Obtain volunteer representative from nutrition team to sit on Health Enhancement curriculum review in October.
* Survey parents and students about classroom celebrations and rewards.